



# Tobacco Use

## and Maine Students

### What is the problem?

The 2005 Youth Risk Behavior Survey indicates that among Maine high school students:

#### Cigarette Use

- NA% ever tried cigarette smoking, even one or two puffs.
- 16% smoked cigarettes during the past month.
- 8% smoked cigarettes on  $\geq 20$  days during the past month.
- 7% smoked cigarettes on school property during the past month.
- 49% tried to quit smoking cigarettes during the past year. (1)

#### Other Tobacco Use

- 7% used smokeless tobacco during the past month.
- NA% used smokeless tobacco on school property during the past month.
- 14% smoked cigars, cigarillos, or little cigars during the past month.

#### Any Tobacco Use

- 23% reported cigarette use, smokeless tobacco use, or cigar use during the past month.

### What are the solutions?

Better health education • Partnerships between schools and the community • Healthier school environments

### What is the status?

The 2004 School Health Profiles indicates that among Maine middle/junior and senior high schools:

#### Health Education

- Among schools that required health education, 47% required students to take two or more health education courses.
- 43% taught all 17 critical tobacco use prevention topics in a required health education course.
- 32% had a lead health education teacher who received staff development on tobacco use prevention during the past two years.

#### Schools and the Community

- 65% had a school health committee or advisory group.
- 75% provided families with information on the school's health education program.
- 14% met with a parents' organization to discuss the school's health education program.
- 34% invited family members to attend a health education class.

#### School Environment

- 100% had a policy prohibiting tobacco use.

Among schools that had a policy:

- 54% had an "ideal" tobacco use prevention policy. (2)
- 52% required students who were caught smoking cigarettes to participate in an assistance, education, or cessation program.
- 84% prohibited all tobacco advertising. (3)
- 78% provided referrals to tobacco cessation programs for students.
- 67% posted signs marking a tobacco-free school zone. (4)

1. Among students who smoked cigarettes during the past month.
2. Prohibited all tobacco use by students, faculty, staff, and visitors during school and nonschool hours in school buildings; on school grounds; in school buses or other vehicles used to transport students; and at off-campus school-sponsored events.
3. In school buildings, on school grounds, on school buses or other vehicles, in school publications, and through sponsorship of school events and prohibited students from wearing tobacco brand-name apparel or carrying merchandise with tobacco company names, logos, or cartoon characters.
4. A specified distance from school grounds where tobacco use by students, faculty and staff, and visitors is not allowed.

NA=Not Available

Where can I get more information? Visit [www.cdc.gov/healthyyouth](http://www.cdc.gov/healthyyouth) or call 800 CDC-INFO (800-232-4636).



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